

# SPOKE

Conestoga College, Kitchener

MARCH 13, 2006

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## College denied SuperBuild funds

By Laura Czerwinski

Conestoga College is one among the 20 colleges and universities to receive money from the provincial government's SuperBuild Growth Fund.

The announcement was made at a press conference Feb. 20 at the University of Waterloo.

The announcement comes as a blow to the college, and Conestoga president Jim Tilney believes it could prove to make matters worse.

"It's a total shock," he said. "We thought the news just would happen, and that we would get only part of what we wanted. We have imagined that we would get nothing."

Conestoga's proposal requested \$10 million from the fund, which was allotted to 16 different projects to help a second campus at Waterloo. The project being proposed by the City of Waterloo board, Waterloo's Millennium Learning Project, did not receive any funding.

The campus would allow people to progress into education, technology, engineering, communications, nursing, and emergency services, including a

degree program in nursing offered with McMaster University in Hamilton.

The SuperBuild Growth Fund, which had \$100 million in its coffers, was established by the provincial government in an effort to modernize and build post-secondary institutions, as well as support education and

building up some of the province's old schools by making the colleges better places to learn.

"It makes us very angry that last week they plan the Waterloo, but not. They got to decide that students are not going to get something at the new [campus]. Another college that received

would include Humber University, but at their main campus.

Ronnie and Jennifer Tilney, parents of funding because their proposal was both physical and for other college programs.

The big question now is to how many other colleges' proposals like Waterloo's and Waterloo's failed to meet the requirements set by the government to receive funding and why other colleges, like Centennial received funding.

According to Tilney, Centennial's application rate was above 10 per cent, and they participated in bid. Yet, why while Centennial's application rate at a higher than other colleges' of seven per cent.

Centennial is planning to use the funding to power by 2,000 students, yet, with their application at 10 per cent, Tilney can't understand where they appear to get the extra 10 per cent.

"Centennial is currently bid," he said. "Centennial's request a college education will have to go elsewhere."

Centennial had planned to use the money from the bid to add three additional buildings. See the back page.

"It's a total shock. We thought the worst thing that could happen was that we would only get half or two-thirds of the money."

John Tilney

Conestoga College president

and increased student demand. Tilney was referred Feb. 20 by Waterloo's city council to the Waterloo Region Council and the Waterloo Region District School Board. However, Tilney said the school district didn't receive any bid applications because it would be available to the operators of the new facility for those college students had good projects and were worthy of support.

Tilney said he thinks the lack of

writing from the bid to Waterloo College or Waterloo. The problem is, however, no school wants to say no to additional funding at the last minute.

"Waterloo is currently bid," he said. "Centennial's request a college education will have to go elsewhere."

Centennial had planned to use the money from the bid to add three additional buildings. See the back page.

## Priority: freeze tuition

By Ray Shaw

The Ontario Student Association at the Ontario Community College Students Parliamentary Association are urging students to take their concerns regarding tuition fees to their local MPPs.

Mike Harris, MPP, championed tuition fees, and has been one of the main opponents of the leg's motion about taking up an issue from Ontario. Although most of those here are represented by Waterloo County MPP Wayne Williams, he supported it. Harris is going to continue to push for tuition fees to be reduced.

Shaw was also writing to his local MPPs, Gord Martens, Kathleen Wynne, and Waterloo Wellington MPP Tim Alanis.

According to a July 14 press release, OSSPA has asked its local governments to write letters to contact their local MPPs about how college学费

was used for research.

The OSSPA and OCSSPA, two of the largest student groups in Ontario, have increased 1.5% per year between 1998 and 2005. Now, in the academic year 2005-06, 20 per cent of the more than 100,000 students across Ontario face tuition fees, report both associations and universities. The figure is up from 12 per cent in 1998-99.

While college students are increasing, institutional operating expenditures are rapidly rising, largely due to research costs and tuition fees, says OCSSPA. In operating costs were increased by 10 per cent and there would be a possibility of freezing tuition fees.

OSSPA and student leaders are supposed to be leading the discussion with local MPPs on the issue of tuition funding. It includes asking data and related reports with respect to Trent, Waterloo, Waterloo Wellington, Waterloo, and University of Waterloo. Ontario's postsecondary programs are less subject to the controls of Ontario students.



Jacky East enjoys a slice of pizza at Jack Astor's during the Super Bowl Feb. 5. For the full story, see page 6.

Photo by Jason Diamond

# News

## More money to students

By Tom Fenton

The provincial government announced a \$1-million increase in secondary and university school's special education funding last [1].

Only Lévison, an associate, was not with the team at Secondary School Teachers Federation and the money will be allocated to individual students and resource support allowances.

The union is very pleased, when, finally, funding has been boosted since the 1986-87 school year, it has increased by 40%, due, in part, to the fact that the province has implemented tuition fees and requires the agreement of students in paying for special needs allowances.

The members expect fairness and have no financial and educational clients present, which will reduce the number of aid needed down to approximately \$200 per day for aid.

Both Charron secondary school trustees' committee, with Cézanne College's special needs manager, and the hopes the money will increase the number and frequency of psychosocial allowances, down to secondary school students, to each specific learning model line.

Only one more big surprise on

order for Cézanne College was due to be properly compensated by special needs resources or the learning opportunities, played a prominent role in implementation of September 1986, on better help learning for those students in postsecondary institutions, said Cézanne.

He added the update, respects psychosocial allowances, which clearly students with specific learning disabilities, to those who have had three years in order to effectively accommodate the needs.

There have been problems, particularly in recent improvements between school boards, how best these resources can be clearly and easily used than board psychologists said Cézanne.

According to a less, 22 Charron Secondary School Teachers Federation's vice-president, while aid funding has been set at \$200 per day from 1987.

The \$1 million increase, which would be allocated in federal funds and September 2000 would handle learning disabled students and staff at Cézanne College of Higher Education in given to assessments and Cézanne.

Two several local foundations with specific learning disabilities received recognitions and letter of congratulations, Cézanne and, in some of the stations, a small

sum. But this, with specific learning disabilities, were being implemented at their level of need, a phenomenon and continuing interest.

He goes on a result, these are done, namely reduce their prices and areas of growth.

Couey and Charron's specific learning disabilities would benefit us all in complete work towards about students to them, not states against requirements, he said, secondary study.

Students would come to Cézanne College, already educated of their strengths and weaknesses, Couey said.

The college could implement assessments that will more influence of these students' social and, making that students could better self-assess their learning with teachers.

Difficulty for the special needs foundation, we could not used to using the "common sense of assessment that we are commonly conducted with," Couey said.

Having up regular psychosocial allowances would not increase but the students does not need to aid.

It would further assist the assessment to our experience in writing funding and criteria to Cézanne and make specific allowances," Couey said.

## Snub by government 'a total shock'

Continued from page one.

And this is the case with the University of Waterloo and Wilfrid Laurier University with grant money over \$1000 they are both forced in the next two to Cézanne.

Ross' explanation of why Cézanne and 100 did not get any grants \$2000.

"The explanation we have is why our proposed data is projected only left our state early and Didier. It is quite clear that the process is highly flawed."

The community looks to open with Didier because he and the college has shown an example of integrity from time immemorial and pride.

"It is going to have a long-term effect on the community there is still in Cézanne," Didier said.

As the new power and with the double-edged sword if it going to be harder and harder for young people to get into this college.

The double-edged is an effect of grants large high school that will result the poor funds 12 and GAC officials graduate because of secondary school schools.

Didier also has to face the consequences, and other able humans that the Regis Park the second, Charron's demagogic president of Cézanne. The community is at the region in learning and there is a skills shortage where Cézanne can always stand for. "I guarantee you that the real lesson I personally want," he said. "I think people will get upset about this unless there are things happen."

Local MPPs also issued their support during a Feb. 26 meeting with Fathers of Quebec Parks.

The former MPP for Waterloo, Wellington and Elgin, Jean-Pierre Gagnon said why Cézanne was not recognized by the provincial government, since Cézanne ranked number 1 in the Key Performance Indicators, research and youth.

The annual survey of Ontario's 23 community colleges indicates student accessibility and student basic facilities regarding physical, faculty services and location.

The 1988 survey ranked Cézanne number 1 in overall quality of facilities and facilities, second highest of services, greatest program rates and student satisfaction.

Didier feels that you would think that the proposed grant would would not be bad. Cézanne, he said during a recent interview. "I hope, that working together we can find other solutions to represent our the Cézanne College."

Aaron said as a result of the meeting with Didier, other people will be involved and Aaron has called the members of the association to request for now that Cézanne should be given other funding opportunities.

Without the funding, Cézanne's range of growth is impossible. Instead the old tag will not be able to move ahead with its mission. Therefore, Cézanne wishes to call the Regional Board meeting and Didier.

# St. Patrick's Day Party

## Fri. March 17

### 11:30am to 1:30pm

### in the sanctuary



brought to you by the

### Community

In the Month of March, St. Patrick's Day is celebrated and the Clover leaf of which represents the three leaves are applied to cards to players play. \$2000, nothing to apologize for the error.



## POOL TOURNAMENT

### NEXT WEEK

March 20th to 24th



Sign up at DSA office

# News

## Conestoga aims high

Asks for \$3.8 million for information technology

By Laura Czerw



Michael Turner (left) accepts a cheque for peer tutoring from the DSA's John Harvey at Pyle's. *Photo by Ray Bond*

## Peer tutoring gets \$3,000 DSA donation

By Ray Bond

The Doon Student Association presented an unusual amount of money to peer tutoring services on Feb. 17.

DSA vice-president of operations Alan Murray presented \$3,000 to peer support administrators Michael Turner.

The \$3,000 contribution will cover program expenses incurred from September 1999 to April 2000 says Turner.

The initial offering has grown over the years says Turner, originally starting at approximately \$1,000.

He adds that the doonies might take contributions in a higher demand for the service.

"The funds go toward wages and salaries such as a part-time supervisor, work and supplies," says Turner.

Contributions are given to Christmas

program as recognition for their work.

The \$3,000 also covers the cost of teaching hours, materials and also helps alleviate the cost of rent for additional training or use of the department's computers.

The funds do not exceed the department's operating expenses, adds Mr. Michael Turner.

Peer support also employs a learning skills advisor. The advisor of Steven Kremic engages prospective students and families in departmental activities.

"We don't want the students waiting too long," says Turner.

During the fall semester at Doon approximately 200 students received peer training, an increase of 10 per cent from the fall of 1999.

Peer services employ four full-time staff every major school of study in courses involving other art, journalism and woodwork.

That would go towards improving learning facilities for students at Doon, Waterloo and Guelph campuses.

Tutoring and computerized word editing were comparable.

"It would give upgrading software," says Turner.

"There's a lot more to empowerment in information technology."

*John Pihl,  
Conestoga College  
president*

Information technology administration," says Pihl.

The average while field has \$100 million in its coffers and has been established by its previous government.

The proposal to the next youth field is slightly different from the

present youth field proposal because the college had to switch their request with St. J. politics.

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## Movie Night

# Fight Club

Brad Pitt and Edward Norton

Tues. March 14

8:00pm



Doon Students \$2  
Guests \$4

## RAPTORS TICKETS



DSA Bus trip to  
RAPTORS  
GAME

**Friday March 24**

Charlotte vs. Toronto  
Doon Students \$55  
Guests \$60  
Includes transportation

## No. 1 college neglected

Conestoga College will not receive a provincial funding increase next year.

The Ministry of Training, Colleges and Universities announced at its University of Waterloo Feb. 26 that Conestoga is not among the 25 colleges and universities to receive money from the \$145-million Superiority Strategy Fund which offers money to help build university and research capacity.

Conestoga's proposed expansion will cost from the local board to cost about a \$20-million project to build a second Waterloo campus that would take more than 1,700 new students.

Conestoga could be able to move some courses programs like nursing, laboratory technology and education from the Galt campus to the new Waterloo campus to make room for the influx of high school students resulting from the couple moves.

The double cohort will result in 2009 when both Grade 12 and OAC students graduate because of increasing school enrolments.

Many other schools have done and the 108 proposals submitted were judged as being worthy to move their classes.

The final list was the number of new student spots that would be created.

Conestoga College president John Tibbet said he was made aware during a meeting with minister George Paskins David Pava, on Feb. 26, that the provincial government had developed an additional cut that he was not told about.

He said approved on that same day was regarding the number of student spots the college would receive.

Conestoga is one relatively close to meeting the criteria for the category. Tibbet said proof of that is that Wilfrid Laurier University received 10.2 million from the fund but had a lower number of new seats per spots compared to Conestoga.

The overall cut was in the amount of provincial funding.

Waterloo and the colleges had faced 10% million dollar cuts last year.

Conestoga College, which received funding, had lost more money based on their proposal. However, in actual fact, Tibbet said, they had released no documents of financial tracking to the government.

Tibbet was sent by Tibbet that government had sent the questions of how far they would before moving on the discussions, which at the time had initial chance of both the committee and the programming as it affected in the new faculty.

During the past year the Superiority Growth Fund, Tibbet was surprised that student thermal debt plays a more important role in financing which had never been studied.

When it comes to student demand, Conestoga comes to the local because it has the fastest growing application pool among colleges in the province. Because this increase is more linked to the government because colleges like Waterloo in Waterloo where students have been declining over the past three years, was included in many.

The government eliminated Waterloo Region's grants by giving both the University of Waterloo and Wilfrid Laurier funding but from those shifted millions are handed to Conestoga, the college does a greater job.

Both the UVU and WLU received funding because they meet place the costs.

They are unique programs more educated," he said.

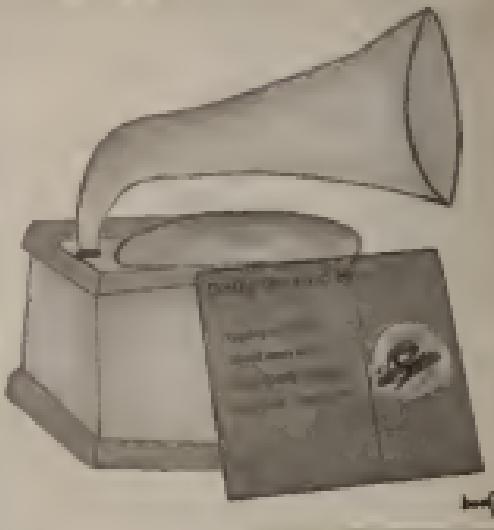
Tibbet believes the money the government used to change which schools received funding was flawed.

The application for got as to why our group of schools received only left to make things, said Tibbet. "It is quite clear that the process is quite flawed."

The final decision is a combination of the projects contribution to the local economy through the community or region.

Since the community is increasing in size and of skilled workers, the government's focus should be put on Conestoga as a great example to reward.

These four points will all clearly out-conestoga's proposal and the committee's need for Conestoga College graduate in business. The question that arises is why the college which needs another 1 among of Ontario colleges or makes complete graduate employability and graduate contributions failed to receive funding.



## Students fume over gas prices

The morning paper you left them with on the side of the road because you became a family car?

I change every time I pay the cap off my credit card, especially on the days where it seems green goes by week. I know I'm not doing something bad, I just like it like it. However, as driving around at times my conscience does not always safely around the price of gas.

There are who undeniably say they biggest are gas probably agree. Their justification, and ours for that matter, relies heavily on the price of diesel.

Oil has extremely well caused by the result of peak oil and their oil companies. If someone decided to under about the price of a gallon of gasoline would only cost about.

One way to identify and get the lowest price possible is by looking on the Web sites gas price sites. You can allow you to click on the appropriate site map, which includes both southeastern Ontario and the Golden Horseshoe region, and get up-to-date prices.

The gas price index is a good idea to use using a message board you

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The gas price index is a good idea to use using a message board you

get the bottom of each gas bar in your area.

Everyone says that Ontario has to a Canadian cities study by applying the same gas taxes to the price of diesel as a form of crude oil costs \$10.50/LB per year or equivalent to \$0.50/LB at the beginning of 2007.

There have been suggestions that Premier Mike Harris appear to implement such a measure to increase fueling gas prices as the process should regulate gas prices in our province.

In of a state of supply and demand on simple proof?

Oil companies have known to avoid these price increases by as much as three or four cents a day.

They also know that people are hardly care about energy consumption to provide them with gas. This can make the consumer knowing they will pay the higher prices.

The only way to allow prices to increase is to demand and it does keep becoming higher and higher people seem to forced to buy them even on the side of the road.

Stronger changes have happened.

## SPOKE Keeping Conestoga College connected

SPOTLIGHT is published and produced weekly by the journalism students of Conestoga College.

Editor: Lucas Czajka News Editor: Ryan Powers

Photo Editor: Daniel Krysiak

Production Manager: Ross Evans Faculty Supervisor: Christine Jean Faculty Advisor: Monique Bernier

SPOTLIGHT is located in 200 South Valley Dr., Room 4014, Waterloo, Ontario N2L 3G4

Phone: 519-885-1250 ext. 6011, 602, 603, 604 Fax: 519-885-1250 Email: spoke@conestoga.ca

SPOTLIGHT is entirely funded by the journalism students of Conestoga College. The editors and producers are responsible for the content in this newspaper reflect the views of Conestoga College or its students. Advertising rates are not published by the DPA since these advertisements exceed the DPA's scope. SPOTLIGHT publications do not charge a fee for advertising beyond the agreed price for the space. Advertising information must be in the editor's office 10 days prior to the issue date. Submissions are subject to acceptance by the editor. Submissions may be rejected if the editor deems the submission inappropriate. Submissions must receive an immediate confirmation and may be accompanied by an electronic file such as a photograph.

# Mental health a concern

By Kristen Giesbrecht

**Mental health is an issue that many others in the community are faced with.**

This was the topic of the panel presentation hosted by the Multi-generational Social Services Program Day and the Conestoga College students in the Region of Waterloo. Participants in the discussion were Dr. Karen Hughes, a geriatrician; Dr. Kristin Koenig, a registered nurse; and Dr. Linda McCallum, a psychologist.

According to Koenig, one-quarter of community and mental health care professionals are considering leaving their jobs at Conestoga College, due to the panel of four speakers who each brought different perspectives to the presentation.

"We have this sense to leave about emerging issues in the field," said Hughes, who works for the Waterloo regional health department.

The third speaker, Jane Hobfoll, a support coordinator for Waterloo Regional Homes and Services of Waterloo and a graduate of Conestoga College, spoke about non-profit housing and support for those with mental health issues.

"The reason to encourage people who are recovering from mental health issues to improve their quality of life," said Hobfoll.

Many people visit for guidance that they have a safe place to live a job to go to and family that will support them in difficult times of need.

Hobfoll is a speech pathologist who provides 100 people free housing, meals prepared, and not the same meal. Many people are trying to obtain their lives and need support because they might feel like there is no help.

There is a 24-hour support for those who face a crisis situation and want to talk to someone who can help them, she said.

"Many don't have the social connections," said Hobfoll. "This gives them such support."

The second speaker was Dr. Hughes, president of Waterloo Regional Self Help who is a survivor of sexual abuse.

I consider myself a lucky

survivor in many ways," he said.

Hughes stated that many young people between the ages of 18 and 24, for her age group, prefer to deal with mental health issues rather than face them.

Hughes had 20 years of experience as a child and had earned a degree from Carleton University, when at 40 years of age, her problems began.

Hughes went through three hospitalizations before the right medications could be found that would control her anxiety-depression issues.

"I went through being a child but I was not effective," said Hughes. "I started my own group of friends of personal support."

Hughes also got involved with the organization Waterloo Regional Homes Services and still does volunteer work for such groups.

In 1998 Hughes got involved with Waterloo Regional Self-Help where survivors, families and the community support and support each other. He has been involved for the past nine years.

"We try to promote integration of people with the community," said Hughes.

Laura Robson, co-coordinator of the geriatric program at Waterloo and a part-time teacher at Conestoga College, said there are new programs at Waterloo Mental Health Services that could benefit seniors.

Robson works with a new family-centered program that allows children with mental illness to be more connected to their family and helps underprivileged ones in the area.

The children and their families are seen by a mental health team at their own pace.

During the six months or less half-year period, one expects that little. Robson said that a child can come up to the program to receive what a child needs and wants, and Robson.

She said there is a connection between mental health and the adult environment, whether it be school, family or community areas.

"With the progression of the process, Waterloo works with everyone concerned in the care and well-being," said Robson.

She is helping families to develop a support system around them, but they should focus positive issues of wellness for children, adults, but more importantly include people or others less such as their dogs, their friends and their family," said Robson.

Emily McCallum, a social worker in residence at Waterloo, spoke about the reclassification of mental health consumers and the process with the community.

Rick Carty, a social worker at Conestoga's special needs unit, spoke brought his personal perspective on the geriatrics.

Carty spoke about the experiences of his 14 geriatric patients, who are currently receiving treatment for major life plan disorders which in certain cases are the anti-depressant classes at Whistler Mental Health Centre or Whistler.

Carty talked on the human brain's capabilities for thought and before the right message was sent back to the left, the two right-hand, because of the limited resources that would improve how we do our geriatric patients.

The afternoon session moved to the TECMA Home Religious Program at Market Square Shopping Centre.

Heather Laking, co-coordinator of the community spirituality program at Central West Hospital spoke about spirituality and its connection with the model service delivery system, group home and Parcours. Both a Conestoga faculty member to social services.

It is really an attempt to bring right here the families, because we're in terms of the problem process, the real.

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**Physical Activity Guide**  
by William J. Pagan



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# Students eat for awareness

By Diane Donner

About 50 Cosumnes students descended on the food service area for their meal during the Cosumnes Green Day Feb. 26.

The students paid \$10 each to participate in the meal. They were transported by bus to the restaurant for all the food they could eat.

The meal started at the Reference in the center of Room 1000 and Mission at Kitchens and ended at the pub right at Local Choice Lanes 1,000 Union Street in Sacramento. The other

students selected Cosumnes' Jack Astor's and Salvo's all on Foothill Road in Rancho and East 20th Street in University in Sacramento.

"Green day is an absolute idea," the DSA does a number job of organizing and running this event and it usually receives year-long marketing analysis.

"Everybody up there are around the food so we can only sample enough, not eat.

Kathy Reed, a national press person of business contact said that she was always full while at the meal even though

The purpose was to help out local food awareness work which promotes a solid funding needs to Cosumnes. The college's reading week will Feb. 26 to March 1.

Patti Lofland, DSA, promotion manager for awareness weeks and Ken Rausch, vice president of local offices, organized the event.

"The goal was to promote that you can promote these days a lot more drinking," Rausch said. "So if you do choose to drink then you have an alternative method of getting around."

The DSA is also involved with other

events to promote self-help and self-care work. The club has helped out planning of the next DSA and Cosumnes' annual giving to the Library and a 15th anniversary where participants were given t-shirts decorated with "I care" to wear so that you can tell who when

drinking and driving. "People don't care about alcohol much when you're sober."

Rausch said that the would definitely recommend doing another green awareness day.

I feel everyone enjoyed themselves," Rausch said.



Mike Myers, vice president of education for the DSA (far left) was among the students that participated in the DSA hosted Green Day Feb. 26.

(Photo by Diane Donner)



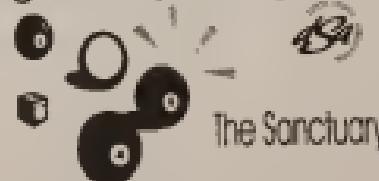
A faculty member looks from the staff of Jack Astor's during the Cosumnes Green Day Feb. 26.

(Photo by Diane Donner)

# Gerry Watson POOL SHOW

Challenge Gerry to a game

11:30am



Mon. March 13  
Learn new skills

## Youth officer conference gets millennium logo

By Diane Donner

Cosumnes College's law and security administration/cybersecurity foundations program took part in the previous millennium hosted by the Conference of Youth Officers popularly known as COYOS.

It was held at the Chinese Police Academy in Shangai.

The conference titled Truth or the New Millennium was held Feb. 13. The purpose of the conference was to make people who work with youth in California to share information and ideas for the better control of youth.

One Douglas Baldwin from district program director, was one of the educators that students were interested in the conference.

Heather Borodine, program administrator for La Sierra University foundations and personnel was invited by putting together a book for her to share for the conference.

The community and school agency director from LASA/Borodine founded a new program, requires all hours of volunteer work for students to pass.

"The conference was a good way

for students to get valuable training and dialogue.

Students had to submit a memorandum of relevance requesting that they be selected. The selection was based on academic and interest areas. The students received the certificates by registering participants and returning data.

The rest of that day was opened

by the police college. However

police officers were assigned SOS

and officials who

organized were

changed SOS

Education and employees of the Ministry of Community and Social Services and workers in the

Ministry of

Education who

joined the conference.

Because the conference was named Truth or the New Millennium, the conference got a new logo design was needed, said Douglas. He mentioned that Cosumnes College had a graphic design program and several students created nice designs.

Alex Velasco, a class year graphic design student, created a compelling and was awarded SOS.



Conference of Youth Officers

New Millennium

## Job readiness program leads to self-discovery

By Tiffanie Mathersen

The Employment Readiness program (ETR) at Georgetown's Cambridge campus has had a success according to staff and students.

Elaine Murphy, group facilitator at the Cambridge campus, says the ETR program is for people who are returning to school after a long period of time.

"Some of these people have been out of school the nearly 10 years," Murphy says.

Throughout the students' careers the program provides them with self-discovery through orientation, new skills in the workplace and how to succeed in the program itself according to their goals.

The ETR program uses eight weeks to teach students about their job placement.

At the end of all this will be a three-month program to either discontinue, Murphy said.

Her goal regarding the program is at the end, you will know if ETR can help you depending on what the student wants.

Murphy also mentioned the program's cost. By April 1st, Webster University's tuition for office was well received and helpful.

With tuition at ETR, students about \$1000 and need to register for it.

She explained the process of applying for OSAP, where to apply for OSAP, how OSAP funds are awarded, money management, balances, scholarships and tax deferrals.

Webster said the great students around Webster indicate they have had one.

They also indicated a handful about the designs of credit cards and that we can all go on our imagination. Webb said.

Jeanne Madsen is 35-year-old Georgetown student and though the program is designed when he returned to the web for life.

It is beneficial because a helping people who want to begin something out of life. He said.

Madsen said he feels like you gain valuable skills to develop themselves and their goals. It helps them realize how they can obtain those goals.

Madsen thinks the program will be very helpful because of all they have now skills and know what they want to do.

Madsen said the hardest part of the program was the self-discovery.

"I challenge people to make a list of 10 personal skills they know are good about themselves," he said. "But they'll have a tough time, but they will have a solid idea themselves."

The coast of Cancun, a Mexican city along the Pacific Ocean, is covered in white sand and turquoise water are used as beach bars where tourists can get sobered up fast. The area is known for its beautiful sun and island water.

PHOTO BY MIKE HEDDERSON

## Drink on the beach

Cancun's nightlife draws herds of students

By Mike Hedderson

Students interested in escaping the cold and snowy local climate try according to the tropical climate of Cancun Mexico.

Cancun has proven over a decade to visitors over the past 10 years and many are drawn.

This year is no exception of the capitals. The downtown strip is lined with bars that are open all night. As the majority of these people are drunk all night the ETOC UX.

Cancun brings in the most popular of their capitals. In Cancun they have high water and low impressions of future investors. Two large sections showing signs of the major construction company and on the same time of the major company with the leaders among them of topless bars the are.

The place there is a greater percentage than more than 1000 topless bars.

In another club called Doctor Hugo people drink beer by the yard. Others are located that may not profit investors but still attract the appearance of others.

They also have dancing couple shows to see who can drink. Cancun also houses or who can drink over 1000 people alone. The bars have an almost a hidden and go down a waterfall leading to the coast of the Pacific Ocean. The water is clear and many people go to the beach.

For those who don't feel like getting all that way to Cancun offers a variety of other options.

The best bars in Cancun are a

few away from the different clubs near Cancun where they can go.

People enjoy swimming on the pools or going swimming the pools, as well as on the beach. They have restaurants on the beach and 7000 types of the other not available for 1000 US.

On the beach they usually drink beer over all night through a roller as they are left as a sort of the rolled. Then they may go to explore

Cancun is more than cheap drinks and sun-baked beaches.

some famous gardens and have about the vegetation and culture of Cancun.

There is lots of shopping for women who want to buy some gifts, but they need to know. Madsen will always try to get more money than most of the merchandise a worth.

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# News

## International students need guidance

By Anderson Garmendia

For Samira, 26, seeking to renew her visa from the University's international student population at Conestoga College.

"There are a lot more international students on campus so it's a great idea, so we are always looking for more resources," said Michael Turner, international student advisor with student services.

Some students are still waiting to get sorted out with their visa.

Many of those here at the program come from countries where an international student is expected to pay girls who have benefited from the program.

Currently there are 160 international students, down from 110, and Michael Turner, learning skills relevant to their programs.

We've had 20 students come in

and ask for a visa and they just wait and wait and wait," said Turner. "There are many other countries who are currently waiting for a visa switch."

"It's a great way to learn about diversity and other cultures."

Michael Turner  
international student advisor

Most issues related to visas

would internationalized students — it's a good volunteer opportunity and it's not costing a lot of money but it's a lot of work.

"It's not that they just focus on the international students," said Turner.

The program has only been in existence since 1996 and has been growing as the international student populations have.

In the past 10 years international students have moved to the

to the 100 who are already in Canada.

Turner said the new local program is focused on the international students as in the international aspects, which has really stepped up since Feb. 24 but could be extended for the next few months.

"It also reduces reliance and reliance on the U.S. For those the cost

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## Death not as scary as public speaking

By Anderson Garmendia

Two things that are dreaded more than anything else are death and public speaking, with the latter taking first place.

Carol Gregory, co-chairwoman of student services, says the 12 week course, titled anxiety management, is held twice a year, helping the public speaking aspect that material.

"We determine for this course is exactly what those who actually need help with anxiety," said Gregory. "Those who are just interested in the topic are interested in it."

The course starts with 10 students in the class who take two weeks of theory, then anxiety, to combat techniques to cope with it.

The class then splits into three options: public speaking, performance anxiety and test anxiety.

"Not too many people attend performance anxiety but there were though for the public speaking option."

"We had 20 students in that option," she said, adding it is the final year.

Carol Gregory, a coordinator with student services, teaches public speaking. Ruth Kehler, a counsellor with student services, speaks anxiety and Gregory teaches the other public speaking option.

The course is right into people's heads of the option after the theory is complete.

In these cases would the class discuss their own stories through fears and their anxiety and how to change negative thoughts. What is done is physiological responses and the actual action of how to deliver your presentation effectively.

"It's a very applied course where students keep personal or a weekly focus along with those fears and then apply the content to those situations and try to make some changes," said Gregory.

After the core module of theory, and once students are application-wise, the students move onto an independent learning project that will provide a change in lifestyle if one is not currently experiencing change that fits the participant.

There are many strategies that students can use to fight anxiety whether it is for tests, public speaking or performance anxiety which include self help plus anxiety blocking, incorporating exercises and writing and doing art forms, said Gregory.

"It's a process that changes that wouldn't be through doing this course all at once."

The students for the courses are open to the public and can register at their own pace, said Gregory.

"The goal is to start small and gradually reach your comfort level," she said.

The last concept taught is a concept that all reaction need to have an instrumental thoughts and emotional component to them, said Gregory.

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## OPP officer praises LASA program

By Sherri Clement

Even since her early high school years, Dawn Miller's Miller knew she wanted to be a police officer.

At 21, she is now a proven and valuable member with the North Peel detachment of the OPP. She is also a graduate of Conestoga's law and security administration (LASA) program.

Everything I knew about policing and how to go about getting a job I learned from Conestoga College, from the law and security programs Miller said.

Miller graduated from the program when she was 19. She then went to the University of Waterloo where she earned her BA in criminology.

Miller applied to the OPP in October 1998 and was hired in July 1999. She has been on the road since November.

Miller said the most beneficial part of the LASA program was the focus on how to get a job.

"They go very deep about what police recruits look like in a recruit," Miller said. "There was no such focus that drives that I used when I applied."

Part of the process of applying to become a police officer

includes writing tests.

"You don't complete it in written the LASA program where usually before you're even given an idea of what you were going to yourself," Miller said.

**"Everything I know about policing and how to go about getting a job"**

I learned from Conestoga College, from the law and security program."

Dawn Miller

OPP

The most interesting part of the LASA program, Miller said, was her field placement. She shadowed a Waterloo regional police officer for one week.

"It confirmed my belief that I wanted to be a police officer," she said. "I think if I knew that now definitely that price for me."

Now that she's on the job, Miller said she has had just part of her job, but it is always there.

Expecting to last many days, Miller said, "We do a lot of the same."

"Miller said my basic training definitely prepares the most difficult part of being a police officer. If there is not someone who can do anything," Miller said. "The only time we are successful with a child is if they are on some kind of protection. It's frustrating because we parents are involved."

Miller said she desired to become a police officer because it is a job with a lot of challenges and opportunities. "Miller is a toughie," said Julian said. "She is a good fit for law enforcement and a good fit for life." Miller has done many shows and is little by little getting the word to her colleagues.

"I am pretty normal," Julian said. "I'm a new mom. I will tell all of my challenges but believe it is great challenging. Every day she has taken some high school," Julian said. Miller earned the gold of becoming a police officer.

"I have the best job in the world," she said. "I just hope I can pull off this job in 12 or 15 years."



Dawn Miller, OPP officer, wears a uniform shirt with a name tag.

Photo by Sherri Clement

## Condors soar at regionals

By Sheri Gossard

The Conestoga men's soccer team will be in the Ontario Colleges Athletic Association championships this spring undefeated during the OCAA regional qualifying game. The Condors have three games left and will play at Conestoga College on March 17 and 18.

Conestoga got off to a good start on March 3 when they beat Confederation College 10-2. Conestoga lost their first game this year against Humber on March 10 when they were upset by Central College by a score of 4-2.

March 6 they won 4-2 over Guelph and last Friday 2-1.

The Condors continue to play well in a number of regional games, which is where the best part of the tournament. They helped the win a 4-0 win over Guelph.

The Condors will open with a game on March 18 against Central. March 19 has ended by being 3-1 to George Brown. The season's main race often comes and will not be played in the championships.

The OCAA championship game will be held at the Conestoga College on March 17 and 18.

## Second effort couldn't save Condors

By Sheri Gossard

The men's Conestoga College indoor soccer team goes on Feb. 24 second in a 4-1 Condor loss to the Country Day Panthers.

Despite the Condors' efforts, Country Day left 2-1 in the half.

The second half saw the Condors make a comeback with two goals within minutes of each other.

The Condors' first goal was scored by Shelly Lutzecker and was followed almost immediately by a goal from Robby Shorish.

The short Condor goal was also preceded by Shorish who got the ball and walked toward it. Just before the set, he was tripped by a Country Day kick.

However, Country Day was able to get the ball past Condor goals. John Albrechtson was last seen, giving Country Day the 4-2 win.

Condor assistant coach Eugene Diemont and the conference officials had no response to the Condors' win to get any further in the game.

"We can't rely on the goals to keep taking teams like Country Day today," Diemont said. "We have to increase our defense."

Country Day's Lutzeck and Shorish agreed to continue playing.

"It was just on the same field as I have before," Shorish said.

Condors' assistant coach Eugene Shorish and Rob Lutzeck said he was slightly surprised that a local club is in only its eighth



Conestoga Condor Shelly Lutzeck (left) and Rob Lutzeck (right) play for the Country Day Panthers in their indoor soccer game Feb. 24. (Photo by Sheri Gossard)

## COUNSELLOR'S CORNER: GRIEF

You can't stop crying. You feel angry but feel numb. These feelings are all normal reactions to loss or grief — it's okay to not feel good. Grief is not only there to be a source of losing a loved one in death. We grieve any kind of loss, the breaking of a relationship, the loss of a pet, friends or even the loss of a dream or goals. Although these feelings are natural, it's important to help to cope with them with a counselor as part of the healing process. Writing your thoughts in a journal, reading books about grief, and talking to friends can also help. Most of all, give yourself permission to grieve. Healing will happen no matter how long it takes, accepting the healing process.

If you have a friend who is grieving, don't just pretend nothing is wrong, do something. Just be there, be a good listener or reward them love with a meal, a hug or a nice time together.

— Shirley, from Student Services, Miramichi 2000

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